

Object of treatment. Guard against further injury.

Treatment. 1. attend to fracture on spot (don't move) 2. Attend to haemorrhage. 3. Steady and support injured limb. 4. Carefully put limb in natural position (do not straighten when bone protrudes). 5. Apply splints and bandages.

Kinds. 2: for trunk, limbs, skull lower jaw, of spine, ribs, breast bone, (lay on back and undo tight clothing)

Collar Bone: 1. Remove coat, 2. Pad in arm pit, 3. Apply St. John Sling, 4. Bandage around elbow and trunk to secure, 5. Be sure of pulse, 6. Tighten sling

Shoulder Blade: 1. Centre of broad bandage in armpit. 2. Secure injured part, limb in St. John sling.

Fractured Arm (close to shoulder.)

1. Broad bandage and apply small arm sling. (middle of shaft)

1. Apply small arm sling. 2. Apply splints on 3 sides (not inside) 3. Bandage (if no splints secure arm with bandages to sides).

Fracture elbow. (swelling)

1. 2 splints (one reach below elbow to arm pit, other, elbow to finger tips). 2. Apply small arm sling having bandaged around arm, forearm hand and wrist. 3. Cold compresses.

Fractured Forearm. Pain, swelling, loss of power, irritation.

1. Place forearm across chest. 2. Apply splints front and back. 3. Apply 2 bandages, one above fracture, other figure 8 around hand. 4. Apply small arm sling.

Fractured bones of hand

1. Apply padded splint (elbow to finger). 2. Bandage, fig. 8, hand, and one on the fore arm. 3. Apply large arm sling.

Fractured Pelvis. Organs may be ruptured so care is needed.

1. Make patient comfortable (lying) 2. Bandage hip joints, around body, but do not press. 3. Fig. 8 bandage around ankles and broad around knees.

Fractured Thigh. Leg may be shortened.

1. Steady limb. Bandage ankles and feet. 2. Putting bandage under patient. bandage and splint as follows: chest, hip-joints, ankles and feet, both thighs, above and below fracture, both legs and both knees.

Fractured Knee-cap. Patient may have slipped or it may have been broken by direct violence. Pain, loss of power irregularity and swelling.

1. Lay patient on back. 2. Splint under leg from buttocks to heel, 3. Bandage around thigh leg, ankle. 4. Figure 8 around feet and ankles. 5. Raise foot off ground. 6. Bandage above and below knee. 7. Compresses

Fracture of Leg Usual symptoms. (if both bones) if only fibula (bone on outside of leg) often mistaken for a sprain.

Treatment. 1. Steady by holding foot. 2. Draw into natural position and do not let go till splinted. 3. Splints on both sides of leg. 4. Bandage above and below fracture, above knee, fig. 8 around ankles and feet.

Fracture of Foot or Toes. Swelling and loss of power.

1. Remove stockings and shoes. 2. Splint on sole. 3. Fig. 8 bandage. 4. Support foot. Raise.

Chapter 7

Dislocations. They are displacement of bone at joint.

Common ones. Shoulder, elbow, thumb, finger, lower jaw.

Signs and Symptoms. Pain (sickening character) Loss of power, deformity. Swelling at joint.

Treatment. 1. if out of doors. 1. Steady and support limb to lessen jolting effects.

if indoors. 1. Rest patient on bed or couch. 2. Cold compress if pain is severe. 3. When ceases to give comfort hot compress

Sprains. By a sudden wrench. Ligaments torn about joint.
 Signs. Pain, Inability to move without pain increasing, sudden swelling and later dislocation.
 Treatment. 1. Make comfortable. 2. Expose joint and bandage. 3. Wet bandage and keep wet. 4. When ceases to give comfort take it off and put it on again.
 Strains. Overstretched muscles (if torn they are called ruptured.)
 Signs. and symptoms. Sharp pain, swelling and cramp. Further exertion is impossible or difficult..
 Treatment. Make comfortable and apply hot compress.

Chapter VII

Circulation

Organs. heart, arteries, capillaries, veins.

Heart. It is a muscular hollow organ in chest left side between lungs above diaphragm. It has 2 cavities, right and left auricles and ventricles. (The right and left sides being separated completely.)

Beat. 72 times per minute. Increase from lying to standing position and bleeding. It pumps blood into arteries and throughout body.

Arteries. elastic walls. aorta leaves heart.

Capillaries small blood vessels branching off. Interchange of nourishment and gas and secretion takes place here.

Veins. Capillaries unite to form. Vena Cava largest.

Pulmonary system takes blood to and from the lungs for purification.

Chapter 8.

Wounds and Haemorrhage.

- Kinds. 1. Incised-----clean cut
 .. 2. Lacerated-----torn and irregular.
 3. Contused-----bruising of tissues, crushing,
 4. Puncture-----small opening but may be deep.

Haemorrhage.

Arterial

Bright

spurts

side nearest heart

Capillary

Red

either side

Venous

Dark

cozes

from side away from heart.

Treatment.

1. Place the patient in a suitable position.
2. Elevate the bleeding part except in case of a fractured limb.
3. Expose the wound
4. Immediately apply pressure with the thumb or forefinger.
5. Apply pad or tourniquet.
6. Remove foreign bodies.
7. If the wound is obviously dirty, and medical aid cannot be procured, wash away as much of the dirt as possible. Never wash toward the wound.
8. Apply an antiseptic and dress.
9. cover the dressing with cotton wool
10. Apply bandage over dressing
11. See if bleeding has stopped.
12. Support injured part.

Improving a tourniquet.

1. Apply pad on the pressure point.
2. Encircle the limb by a narrow bandage with knot on pressure point.

Physical Education in Greece

Emmett A. Rice - A.S. Barnes & Co.

Greek Civilization

The Greeks were the first Europeans to attain a high degree of civilization. The modern world has received a rich heritage in literature, government, art, and architecture from them. Physical Education held a more important place among the Greeks than in any society since that time.

The Aegean Age -

Popular gymnastics, such as the Greeks later practiced, seemed to be lacking in this period. But in the Knossos palace was found a painting of 3 acrobats and a bull. The Minoans enjoyed boxing and men in the bull ring but did not as a nation take to athletic and gymnastic sports.

The Homeric Age - Physical Education

In this age there are funeral games. First comes the chariot race. Next is the boxing match and then the foot race. Men of this age "cast weights and spears on a leveled place" - these were the predecessors of the discus and javelin throws. Dancing was also a big feature of this Age.

Physical Education in Sparta

The Brilliant Age of H. History -

The attitude of the city-states toward physical & military training was similar. The Greeks excelled all people

in the extent of the national participation in gymnastics, in the importance attached to physical education, and in honours conferred on the victors.

Sparta - Physical & Moral Training

Child could not live in Sparta if not strong & healthy. At age of 7 boy entered public barracks. The daily activities consisted of in free play, throwing the javelin & weights, jumping, wrestling, running, making long hikes & swimming. Moral training was that Sparta was every thing & there were no likes or dislikes. At the age of 20 the youth was a trained soldier & ready for war. The girls were given physical training similar to the boys under the supervision of women. They exercised publicly in running, jumping, throwing the weights and the javelin & in wrestling. The aim was to develop robust healthy ~~women~~ ^{mothers} of sturdy children. Dancing was of 3 kinds:- gymnastic, festive or military.

Physical Ed. in Athens.

At Home & At School-

The life of Athenian children similar to Americans; they had balls, hoops, etc. played hide-and-seek - hopping games, etc. 3 main studies of boy of 7 - gym. grammar & music. School of gym - palestra - a wrestling ground. Equipped with facilities for dressing, cleansing, ~~rec~~ ^{rec} rooms, punching bags & balls, etc. Had track meet. 363

No matter what field a youth entered after his military training he always remained a gymnast; for gym. meant pleasure, sport, health, handsome body, etc.

The Gymnasios -

3 great ones, Academy, Lyceum & the Gymnasion est. by state. Earliest gym. athletic field near a stream. Had riding.

The Pan-Hellenic Games.

The Olympian Games.

Celebrating festivals of dieties in dances, games, etc. Contestants underwent exam. must be of Gr. blood, never committed crime, take oath to compete fairly. Must have been in training 2 mos. before game. Last month spent @ Olympia. No women. Events; - Fast races - 20 yds - relay - races in armour introduced later

Pentathlon -

Consisted of competition of 5 - running, jumping, throwing javelin & discus - wrestling, Broad & hop, - step - jump - measured with rod. Throwing javelin necessary in war & hunt. Had boxing, horse racing, chariots & jockeys.

Decline -

In Phy. Ed (2nd B.C. Soon gave way to prize winning professionals, trained for 1 event.

Dancing -

Simple - worship. Dramatic production demanded a chorus & singers.

Games -

Played as Phy. Ed. played with balls. Much like Hockey. Episkuros in which a large ball was kicked about accounted for this. Playing fast ball 304

Romans - Unimaginative - Trained their boys for military service - more practical type of training. The R. never entirely looked over the P.E. type of training initiated by the Grs. Gymnastics never seemed to have the same vitalness - less strenuous - more recreational than training. Looked upon dancing as unworthy.

Middle Ages - A period of darkness. Little P.E. Barbarians - plunged rest of world into educational darkness. People lived an out-door life. They were accustomed to cold & hardships.

Men - Hunted, fished, hawked.

Women - hawked.

Boys - Ran, leaped, swam, wrestled, arches, sang, tennis, football, hockey, handball, rock fighting, dice.

Several periods & cults in Church Monastery. Asceticism - rising of mind & soul above body.

Period of Chivalry - period of secular life. Youth learned the rudiments of love, courage, & religion. They learned riding, handling of shield, tournaments.

Oath of Youth.

1. Protect Women & Poor.

2. Fight for church.

3. Attack wicked.

4. Give their blood on behalf of their comrades.

1255 Revival of Learning. Scholasticism.

Roman Civilization: Sports like, soccer, hockey & handball. Dancing unworthy of good citizen. Earlier however, all danced.

Middle Ages: Practically no Ed. at all.

Tournaments: Training for war - best for bodily strength, skill, accuracy & endurance.

School started for laymen during R. Punishments for boys to bear pain. In Germany annual school festival - Procession of the "Rod". Teachers & pupils to woods for rods used for punishment for year.

After picnic, feast, etc. Early statutes of Cambridge & Oxford contain nothing to emphasize games. Restricted them.

Individual directed own life Enterprise by individual encouraged added to social & political life in Europe. Schools in Italy made P.E. essential in school life.

About 1425 - School of de Feltra^{e at villa} Mantua. Insisted on running, fencing leaping, games in open. In France Rablais in 1532 "Pupil & Tutor gallantly exercise their body before their minds".

Montaigne same document in F.

Body, mind all educated to - gether.

In Eng. lives of gentry out of doors plays a large part. Jas. Malin 1850 writes of sports in Holland. Jones in Eng. schools at this time, 1561 Richard Malcaster head of school which later was St. Paul. Y3 of ed. - Physical.

3 Main classes. Games & Pastime.

War & Service.

Surety of Health & length of life.

Football popular but very rough.

Revolt against est. Church. Period of realism - stressed realities of life - Phy.

Ed. necessary. ~~Conventions~~ ^{Conventions} - stressed P.E. in Germany. Influenced modern play.

Teacher lead & guide pupils. Growth & development of children. John Locke -

health & exercise ^{in life}, Eng. school sports mentioned later. Fine sports & Games

from them. 1765 list of games at Eton

Cricket, B's, sharding, walls, scrambling

walls, balling, cat, peg-top, peg-

in-the-reef, galls, hopscotch,

conquering lobs, marbles, trap ball,

steal baggage, puss-in-the-corner, tops,

football, leaping poles.

Physical Ed. in different Countries.

France - J.J. Rousseau 1712-78.

Great influence on Ed. Grew up in Paris age of idleness, depressed by society & custom of age. Thesis on inequality in man. Emile. Attempt to show Ed.

Natural, spontaneous kind overcomes evil & brings man nearer to nature.

1. Nature, 2. Man, 3. Things (3 kind of Ed.)

Theories mean something to-day.

Watched child's interests & used them in teaching. A task not as discipline but for int. of child.

Believed in need of P. E. & sense training
good foundation for growth & develop-
ment. Ed. of whole child as a person-
ality. Contains all element. "If you
wish to cultivate powers of children
cultivate P. E. Let him be man in power."

Col. Amos. In charge of
school in F. 1817 built 1st out. door gym in F.
1830 F. Gov. built one. Put out a manual
of Phy. Ed. No traces of P.E. this out F. Few
F. folk dances usually from special
localities. Dances from Count of Louis¹⁴.
Quadrils & minuettes. Some early Eng. folk
dance derived from F.

Germany.

Basedow 1774 organized a
school in Wessau, in which he had regular
ex. under direction of teachers. Claimed to be
1st person to make P.E. definite curriculum since Greco.

Salzman. Teacher of Basedow. In
organized school after that of other.
GutsMuths. 30 yrs. at school teaching
P.E. Wrote Gymnastics for Youth in 1793.

John Frederick Ludwig. Historic political
history. Believed P.E. necessary for growth
of Germ. (1778-1852) 1810 took students
out into fields & woods & led them
into sports & ex. Built apparatus.
Fling ropes to trees for rope climbing,
built horse from trees, jumps from
trees. 1812 Rented hall in Berlin for
winter to cont. activities. P.E. for
health of men for country.

P.E. necessary for development of individual - Mental, Social & Physical.
"Development is change" - Ketherington -
Games necessary for social contacts.
Training valuable. Father of G. Lym.

Spieß Adolph. 1810-1838. Son of teacher who employed Tutenwil. Came in contact with John at University of Berlin. Progressive order of ed. for different ages. Invented a great many ex. Invented, hand apparatus, wands, dumb-bells etc. Taught in Switzer. but returned to G. in 1842.

Events: 1842 ^{national} supervision of P.E. Massman. until 1850.

1860 G. required P.E. from elementary schools to university. Trained teachers.

1874 Eng. games introduced by August Hermann. ~~App~~ Simpler ones & group games. Son to U.S.A. & cont' P.E. particularly games (Ernst).

1894 Gym. for girls generally added ^{in normal schools}.

1875 American Baseball introduced.

1914 University of Berlin put in courses of teacher training in P.E. 9 hrs. long

1925 U. of Tipping appointed 1st Prof. of P.E.

P.E. changed after 1st war. Became free more emphasis on games while before on gym. Gym. you'll took things in our hand. "J."

Movement going to country on trips (week ends - over - winter)

Laban. ^{developed} expression in gym. like dance technique of other countries.
Bode. " of whole gym.